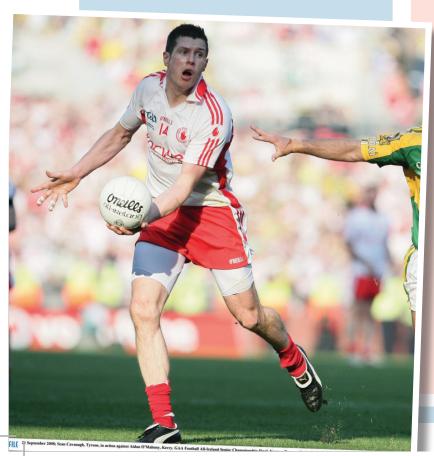
COORDINATION

G00

Coordination is the ability to move different parts of the body simultaneously or in sequence in order to perform a specific task. Gaelic games require a good sense of Coordination as players are required to perform skills that involve hand-eye coordination, hand-foot coordination and foot-eye coordination at various stages.



LEVEL 1 EXERCISES



MARCHING

Marching on the spot, players bring their knees up high and swing the arms, bending at the elbow.



STEPPING STONES

Place a number of markers around the playing area.

Players move from one marker to another using one step or leap.

To Coach this Skill use the IDEA method

- **NTRODUCE** the skill
- **D EMONSTRATE** the technique
- **E XECUTE** the activity
- A TTEND and provide feedback

LEVEL 2 EXERCISES



TURN THE CAP

Place a number of markers around the playing area. Players move around the playing area turning the cap. One team turns the caps up, the other down.



LADDER HOPSCOTCH

Players hop in and out of every second space on the ladder. Bring the feet together when hopping into the ladder and spread them when hopping out.



CRAZY BALL

The Crazy ball is thrown up into the air by the player and allowed to bounce. Attempt to catch after a set number of bounces.

LEVEL 3 EXERCISES



VOLLEYBALL PUSH

Players push the ball above their head using the fingertips. Attempt to keep the ball up as long as possible before catching it.



PASS IN A LADDER

Players work in pairs. Move through the ladder sideways while passing to one another.

VARIATIONS

The STEP method is a simple way to vary any activity, game or drill.

- 5 pace 7 ask 6 quipment 1 layers
- sury the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- 🚺 alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- **E** alter the equipment use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
 - increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.